BREAD

S/B Daily Intake			20gr	25gr	50gr	
FOOD	**Serving**	**Calories**	**Sat.Fat**	**Sugar**	**Protien**	**POINTS**
BREAD						
Bread Crumbs Progresso Italian	1/4 Cup	110	0.5	2	4	3
Cauliflower Pizza Crust Trader Joes	1/6 th of Slice	80	0	1	1	2
Deli Hero Bread	1	170	0	0	0	**5**
FlatOut Light	1	90	0	0	9	**2**
FlatBread Josephs honey wheat	1	110	0.5	2	9	**3**
Flatout Bread Lite Original	1	90	0	0	9	**2**
French Bread Serv 8 from loaf	1/8 Loaf	140	0	1	5	**4**
Hawaiian Kings Mini Sub Rolls	1 Roll	180	2.5	11	5	**7**
Hawaiian Slice Bread Kings	1 Slice	120	1.5	7	3	**5**
Honey Wheat Alpine Valley Organic	1 Slice	70	0	2	3	**2**
Natures Own Life Honey wheat	2 Slices	80	0	2	5	**1**
Pita josephs flax Oatbran Whole Wheat	1 Pita	60	0	0	6	**1**
Sara Lee 45 Cal Delight	2 Slices	90	0	1	6	**2**
Tortilla Extreme High Fiber	1	50	0	0	4	**1**
TOTALS						